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BOOKS

Raising Emotionally Healthy Boys

metroLIFE

Pride flag burned

DISCRIMINATION

Gay UBC students feeling 'unsafe' after incident

Thandi Fletcher
Metro | Vancouver

LGBTQ students at the University of B.C. say they no longer feel safe on campus after a pride rainbow flag was found burned on Tuesday.

Rachel Garrett, co-ordinator for UBC's Pride Collective, said emotions are running high for the student-run society after learning that the flag had been set on fire.

Coun. Tim Stevenson
COURTESY VANCOUVER MAYOR'S OFFICE

"A lot of us are definitely feeling very unsafe right now and that's a very unsettling feeling to have, especially in a city that is seen as so inclusive and on a campus that is seen as so accepting," Garrett said.

The flag, which was located at the Flagpole Plaza near old Student Union Building, was raised Friday for Pride Collective's OUTweek activities.

Early Tuesday, two members of the group discovered the flag was missing and contacted university officials. It was then determined that the flag had been burned sometime over the Family Day long weekend.

In a statement, UBC said that campus security and RCMP are investigating the incident, which officials condemned as "an act of hate."

On Wednesday, officials also raised the pride flag at city hall as a show of solidarity.

Coun. Tim Stevenson, who helped raised the flag, said he was shocked to hear about the incident.

"This is 2016 and you don't expect a burning of a flag," he said.

'I LOST COMPLETE CONTROL'

Retired B.C. Lion talks about gambling problem

metroNEWS

JEFF VINNICK/GETTY IMAGES

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China reports its first case of imported Zika virus, found in a 34-year-old man.

New TransLink CEO is focusing on ridership

TRANSIT

Desmond looks to up numbers and restore confidence

Matt Kieltyka
Metro | Vancouver

The new CEO of TransLink says he will focus on ridership when he takes over the transportation authority.

Kevin Desmond, currently the general manager of the Seattle-area King Country Metro Transit, was unveiled as TransLink's next top executive during a press conference at Waterfront Station in Vancouver on Wednesday.

Desmond will assume his new job March 21 and will receive an annual salary of $365,000 and a $1,500/month housing allowance for the first year.

Speaking to local media for the first time, Desmond laid out his priorities for TransLink.

"Ridership is a big deal for me," said Desmond, who is credited with increasing transit ridership by 44 per cent during his nearly 12 years in charge of King Country Metro Transit. "If we're focused on ridership, then that means we're focused on the customer. If we're focused on the customer as an organization then we're probably always focused on the right things. That's the kind of ethic and set of principles I will bring to this job."

Kevin Desmond is unveiled as TransLink's new CEO during a press conference at Waterfront Station in Vancouver on Wednesday. MATT KIELTYKA/METRO

Desmond's remarks echo those of Doug Allen, the man who served as interim TransLink CEO on a six-month contract after Ian Jarvis was fired in the leadup to the failed plebiscite on transit funding.

In his final report to TransLink, Allen wrote that "there is little focus" on ridership and the fact it has decreased in recent years is "not a good outcome for a transit company."

Desmond's appointment appears to be an effort to correct that.

"I have a very good sense in my gut about how to manage a place like TransLink," the soon-to-be CEO said. "Clearly, I have to be attentive to the rollout of Compass. Clearly, I have to be attentive to the state of good repair of SkyTrain. Clearly, I have to be attentive to customer satisfaction. We need to find out how we can improve the reliability and the convenience of the system. If you have good customer satisfaction, really, the rest of it flows."

Desmond said TransLink and King Country Metro Transit share many similarities, including a complicated governance structure with various levels of private and elected oversight and significant funding challenges.

He has also successfully managed to win three referenda votes on transit funding (out of four) during his time in Washington State, which should come in handy given the province's insistence that any new funding mechanisms proposed by TransLink should go to a plebiscite.

"I understand that TransLink has suffered a bruise to its brand. The last couple of years have been challenging," Desmond said. "Losing a vote is never an easy thing. Restoring public trust and confidence in the transportation system is what I consider job number 1."

Mayor Gregor Robertson, who sits on the TransLink board of directors and co-chairs the Mayors Council on Regional Transportation, is looking for stability and improvement under Desmond.

"I think we're in a whole new space now. The federal government is looking like a very keen and willing partner to fund the 10-year transit plan. The province is making the right sounds on that. And we have a great new leader from Seattle who I think can reinvigorate the organization," said Robertson.

HOUSING

Mayor responds to throne speech

Mayor Gregor Robertson and Premier Christy Clark don't see eye-to-eye when it comes to the city's affordability crisis.

Speaking to media, Robertson disagreed with the province's throne speech promise to look into the hidden costs and fees of home ownership.

He also said the city has no role to play with respect to the "shadow flipping" scandal being investigated by the Real Estate Council of B.C. and urged the province to do its own thorough investigation and take the allegations seriously.

"The premier did talk about hidden costs, but from my perspective that's a red herring," Robertson said. "Cities collect fees from developers to invest in community centres and parks and child care and affordable housing. If we didn't collect those fees, they would be developer profits. The market sets the price (of housing), the city has nothing to do with the prices."

Robertson has called on the province to introduce luxury and speculation taxes to discourage house flipping and empty homes, but neither was announced during Tuesday's throne speech.

Clark has said that if the Real Estate Council of B.C. doesn't crack down on shadow flipping, the province is "going to fix it for them." On affordability, she said the province and cities need to work together to increase supply. MATT KIELTYKA/METRO WITH FILES FROM THE CANADIAN PRESS

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Helping women with HIV find love

HEALTH

Some females living with disease remain single: Study

Thandi Fletcher
Metro | Vancouver

Although successful treatment can significantly reduce the risk of HIV transmission, nearly half of women living with HIV in Canada say they are not in a relationship.

That's one of the findings of a research study led by a Simon Fraser University research group that has revealed high rates of sexual inactivity and dissatisfaction among women living with HIV in Canada.

Allison Carter, a PhD student in health sciences at SFU, is hoping to change that.

"The main message from our research is that HIV-positive Canadian women can and do enjoy meaningful intimate relationships and healthy sexuality after HIV," Carter told Metro. "We've done a great job of using medicine and education to prevent HIV, and now we really have to teach people about how you can love someone with HIV." Along with a team of researchers at SFU, Carter is working to normalize sex and intimacy for women living with HIV.

The team is using data collected from the Canadian HIV Women's Sexual and Reproductive Health Cohort, or CHIWOS, which is following 1,425 women in Canada living with HIV over time.

After characterizing their romantic relationships, the researchers are then examining how the relationship patterns of HIV-positive women are connected to positive aspects of sexual wellbeing, like pleasure and love.

Although the study is still ongoing, Carter said early results indicate that nearly half of women living with HIV in Canada are not in a relationship. Women who experience a high level of HIV-related stigma are also less likely to be sexually active, she added.

Still, she said, 22 per cent report that they are in a long-term happy and loving sexually active relationship that is characterized by high physical intimacy and high emotional closeness.

While that number is "something to be celebrated," Carter said the societal stigma and "continued fear of people with HIV" overshadows medical advances made in HIV/AIDS treatment. "That has serious repercussions when it comes to achieving a romantic relationship and a healthy active sex life," she said.

"HIV is a chronic disease now," she said. "You can live a long and normal life with HIV, but living that normality is contingent on a number of things … including removing the stigma."

WEBSITE

Student Allison Carter, who is conducting the study, said she is building a website, lifeandloveafterhiv.ca, to share her research and help educate the public to normalize sex and intimacy for women living with HIV. The website is expected to go live later this year.

Allison Carter, a PhD student in health sciences at SFU, is studying how the relationship patterns of HIV-positive women are connected to positive aspects of sexual wellbeing, like pleasure and love. COURTESY ALLISON CARTER

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Reid reveals gambling problem

CFL

Retired Lions' centre hopes to inspire others to get help

Cam Tucker
Metro | Vancouver

B.C. Lions' centre Angus Reid pauses while speaking to reporters as players gathered for an end of season meeting and to clean out their lockers at the CFL football team's practice facility in Surrey, B.C., on November 12, 2013. DARRYL DYCK/THE CANADIAN PRESS

Many know Angus Reid as the gregarious individual who carved out a 13-year Canadian Football League career.

Not many know, however, that between 2007 and 2008, the now retired B.C. Lions' centre waged a personal battle he says left him without any money, forced him to move back in with his parents for a time and jeopardized his football career, the same one that endeared him to local fans, earned the respect of teammates and coaches and resulted in two Grey Cup championships.

On Thursday, Reid will speak at a Surrey Board of Trade event, where he will reveal he had a gambling problem.

That gambling problem, he detailed in a phone interview with Metro on Wednesday, quickly turned from something casual with friends at the casino to "an isolated escape from my own reality" that soon spiraled beyond his control.

"A lot of things in life were kind of unraveling behind the scenes. I had a marriage that was falling apart," he said.

"I think what happened was … you look for outlets to pull yourself into to deal with problems that are happening."

This outlet, he said, cost him money, kept him awake for three straight days and nearly caused him to miss a game. Reid said he came running into the locker room while his teammates were going onto the field for warm-ups for a 2 p.m. kickoff.

"You look at most athletes or people that chase success at anything — they're generally hyper competitive … and they have this delusional belief they can … always win," said Reid.

"The problem with something like gambling, when you're having issues in life and your life falls out of balance, and you lose focus and perspective on what matters, those traits can be easily consumed in a casino setting.

"I lost complete control of what I was doing in my life."

As problems in his life mounted, local casinos provided a place for Reid to hide and avoid it all.

Reid was asked if he ever bet on CFL or B.C. Lions' games. He replied that he did not, adding he didn't bet on sports.

> **If it can be a source of motivation … then there was some value in what I went through.**
> Angus Reid

He would spend time at the casinos, playing cards, Blackjack his game of choice, playing for hours, later adding he contemplated retirement from football in 2008.

Rock bottom came when he had to move back in with his parents, without any money, and explain to them the depths of his gambling. He also entered into the BCLC Voluntary Self-Exclusion Program for three years, excluding him from gambling facilities.

Reid said the potential embarrassment of being removed from a casino under this program was enough to eventually dissuade him from going.

He counts himself fortunate that his family supported him in the way they did during such a difficult time.

He also used football to help him get his priorities back in order, as well as regain his pride and self esteem.

Reid has since re-married. He and his wife now have a four-month old son.

By speaking about overcoming his own gambling problem, he hopes to inspire others who might be going through the same thing to come forward for help.

"I've lived it. If (I) can be a source of motivation … then there was some value in what I went through."

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LNG plant an environment risk: Report

PACIFIC NORTHWEST

Project would greatly boost CO_2 emissions

Canada's environmental-review body says greenhouse-gas emissions from a proposed liquefied-natural-gas facility on British Columbia's north coast pose a significant ecological threat.

The Canadian Environmental Assessment Agency released its draft environmental assessment report on Wednesday for Pacific NorthWest LNG's planned $36-billion export terminal on Lelu Island, south of Prince Rupert.

The report found the project alone would produce 5.28 million tonnes of carbon dioxide annually, while upstream activities would contribute an additional 6.5 million to 8.7 million tonnes. Those levels represent an overall increase in provincial emissions of 8.5 per cent and between 10 and 14 per cent respectively, the document concludes.

"The upstream greenhouse-gas emissions ... can be characterized similarly to the direct emissions: high in magnitude, continuous, irreversible and global in extent," reads the report.

Clark has long trumpeted B.C.'s potential to develop the cleanest LNG on the planet, lauding the proposed industry as a worldwide pollution fighter that will replace dirty coal with cleaner-burning natural gas in countries such as China.

Canada's review agency is soliciting public feedback before submitting its draft assessment to the federal government. Cabinet is expected to decide whether to approve the project by the end of March.

THE CANADIAN PRESS

An artist's rendering of the proposed Pacific NorthWest LNG export terminal on Lelu Island, near Prince Rupert.

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ECONOMICS

Alberta adds to our homeless: Minister

A day after British Columbia suggested Alberta hasn't done a good job of managing its oil revenue, a B.C. cabinet minister blamed it for adding to his province's homeless population.

Housing Minister Rich Coleman said Wednesday he agrees with statements in his government's throne speech that Alberta failed to diversify its economy and lost control of spending.

"I don't think it's a shot at anybody," said Coleman, who is also B.C.'s deputy premier and natural gas development minister. "It's a reality."

> **"I don't think it's a shot at anybody. It's a reality."**
> Rich Coleman

Tuesday's throne speech called B.C.'s top-performing economy an island of prosperity, but asked British Columbians to consider Alberta where "they expected their resource boom never to end, failed to diversify their economy and lost control of government spending."

Coleman said he's discovering first hand the results of Alberta's economic malaise in the form of increased numbers of homeless people coming to B.C.

"Certainly, I've had this winter more of a pressure on the upside on the homeless file, particularly shelters, than in the last seven years," he said. "We track it and a lot of it is in-migration of people coming from other jurisdictions, particularly Alberta where their economy is down, unemployment is way up."

Alberta's economic development minister said he interprets the throne-speech comments as an attack on that province's previous Conservative governments, not the current New Democrats.

"They failed to diversify the economy, that is a fact," said Deron Bilous. "And because of it Alberta is paying the price for it. "We have rolled out a number of initiatives and we will continue to roll out initiatives in order to diversify the economy."

B.C. Energy Minister Bill Bennett said there wasn't any intention to snub the neighbouring province and that he's been negotiating with his counterparts to connect the province's hydro power to Alberta.

THE CANADIAN PRESS

IN BRIEF

Record visitor numbers for Whistler in strong ski season

The Whistler Blackcomb resort is having a strong ski season so far and is on track to have a record number of visits, according to its parent company's latest report.

In the three months that ended Dec. 31, Whistler Blackcomb Holdings Inc. recorded 502,000 skier visits — up 23.3 per cent from the comparable quarter of 2014. By Feb. 8, in the midst of the company's second quarter, it had recorded 1.09 million skier visits. THE CANADIAN PRESS

Victoria wants ground rules ahead of pot regulation

The City of Victoria has laid out some ground rules as it moves to regulate medical-marijuana businesses.

The city is asking for public input on more than a dozen proposed regulations, including a fee ranging from $4,000 to $5,000, that no one under the age of 19 be on the premises, that health-warnings signs be posted and that there be no consumption of the product in the store.

THE CANADIAN PRESS

Child count changing

CONTROVERSY

Manitoba's calculation of kids in care excludes some

Manitoba is changing how it counts the number of children in its care to exclude hundreds of cases such as Tina Fontaine's amid concerns it is being unfairly compared to other provinces.

The 15-year-old, who was killed in 2014, was placed into the care of Child and Family Services voluntarily by her guardians. Unlike other provinces, Manitoba counts voluntary placements in its total number of 10,293 children in its care. But changes are being made to how the numbers are reported publicly.

The province will no longer include children who are voluntarily placed in care as part of the overall number. When those 700 are removed, the official number falls below 10,000.

It will also exclude kids who are brought into the system under new customary care legislation in which children at risk of apprehension are placed with a family member in their community.

Both will be reported in a separate category.

Manitoba has continued to come under fire for the large number of children in its care. It is also facing a provincial election in April and the First Nations children's advocate is calling the changes a "deplorable" election ploy.

"Children's lives, human lives, are reduced to be ploys in their campaign tactics. It's deplorable," said Cora Morgan.

Family Services Minister Kerri Irvin-Ross said Manitoba is just levelling the playing field. Other provinces don't include voluntary placements in their totals, either.

Conservative critic Ian Wishart said other provinces do not count kids who are placed voluntarily into care because there are so few of them. THE CANADIAN PRESS

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NO FARE CABBIES PROTEST UBER IN MONTREAL Taxi and limousine drivers targeted Montreal's airport Wednesday as part of their protest against Uber. They refused to pick up passengers arriving in Montreal, leaving travellers stranded. The protest lasted a few hours, but no flights were disrupted. Edmonton city council recently approved a bylaw allowing Uber to operate. Toronto officials are also working on a bylaw. RYAN REMIORZ/THE CANADIAN PRESS

IN BRIEF

Feds could be $90B in red
The country's dampened economic prospects could put the Liberal government on pace for $90 billion in deficits over its four-year mandate, the National Bank of Canada suggests. In a report, it said Ottawa could lose $50 billion in revenue over that time, and go deeper into deficit because of electoral commitments. THE CANADIAN PRESS

Refugee nearly drowns in pool at Saskatoon hotel
A 13-year-old Syrian refugee has been released from hospital after nearly drowning in a pool. He got into trouble Monday playing in the Park Town Hotel pool with family. THE CANADIAN PRESS

Green grants doled out to cities across nation
Environment Minister Catherine McKenna has announced $31.5 million in grants and loans to improve air, water and soil. Among the projects McKenna cited were a net-zero-emissions library in Varennes, Que., and solar hot-water systems to go in local Halifax homes. THE CANADIAN PRESS

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Sanders, Trump face challenges

U.S. POLITICS

Stiff tests in Nevada, South Carolina await after big wins

Republican Donald Trump and Democrat Bernie Sanders were moving on Wednesday from commanding wins in the first-in-the-nation New Hampshire primary to more diverse states that will challenge their transformation from outsider candidates to their parties' presidential nominees.

The next Republican contest is the Feb. 20 South Carolina primary. The state is a hotbed of conservative tea party groups and evangelical voters that will test Trump's staying power. Next for Democrats is the Nevada caucus on the same day.

Sanders, a self-described democratic socialist, easily beat Hillary Clinton, a former secretary of state and first lady once seen as the all-but-certain Democratic nominee. With more than 90 per cent of the vote counted in New Hampshire, Sanders had 60 per cent to Clinton's 38 per cent.

Trump, the brash real estate billionaire and television personality who has never held public office, had 35 per cent among the Republicans, with moderate Ohio Gov. John Kasich a distant second with 16 per cent.

Texas Sen. Ted Cruz finished third in New Hampshire, former Florida Gov. Jeb Bush was fourth and Florida Sen. Marco Rubio was fifth. Less than a percentage point separated each of those positions.

"I think they're all really potential threats," Trump said of his rivals Wednesday on MSNBC. "But I'm OK at handling threats."

Sanders' campaign launched ads Wednesday in Oklahoma, Minnesota, Colorado and Massachusetts — all states where they believe he can grow.

Clinton's campaign argues she will perform better as the race heads to more racially diverse states, including Nevada and South Carolina. Both New Hampshire and Iowa are overwhelmingly white states.

Civil rights activist the Rev. Al Sharpton said he met with Sanders on Wednesday to discuss issues that affect the African-American community, but said he won't endorse a candidate until after meeting with Clinton next week.

THE ASSOCIATED PRESS

GOP RACE

Christie, Fiorina bow out

New Jersey Gov. Chris Christie dropped out of the Republican nomination for president on Wednesday, a day after his disappointing sixth-place finish in New Hampshire's primary.

Christie dropped out of the race the same day that Carly Fiorina announced on social media that she, too, was calling it quits.

THE ASSOCIATED PRESS

INDIA

Elephant rampages through city streets

A wild elephant rampaged through an east Indian town on Wednesday, smashing cars and homes and sending panicked people running before the animal was tranquilized and returned to the forest.

As the frightened elephant ran amok, trampling parked cars and motorbikes, crowds of people gathered to watch from balconies and roof tops. Some followed from a distance as the elephant moved through the streets.

"The elephant was scared and was trying to go back to the jungle," said Papaiya Sarkar, a 40-year-old homemaker who watched the elephant amble down a street.

The elephant had wandered from the Baikunthapur forest, crossing roads and a small river before entering the town of Siliguri in West Bengal state.

Authorities eventually shot the elephant three times with a tranquilizer gun and used a crane to lift it into a truck once it had calmed down.

It was then taken to a park for domesticated pachyderms that is maintained by the forest department. Once the effect of the tranquilizer wore off, authorities planned to return the elephant to the forest, Rai said.

THE ASSOCIATED PRESS

1 A wild elephant that strayed into the town moves through the streets as people follow at Siliguri in West Bengal state, India, on Wednesday. The elephant had wandered in from the forest, crossing roads and a small river before entering the town.

2 People watch as a wild elephant roams through the town.

3 The panicked elephant ran amok, trampling parked cars and motorbikes and frightened residents before it was tranquilized.

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AUSTRALIA

Vet, wartime girlfriend reunite

A 93-year-old American veteran from the Second World War embraced his wartime girlfriend in Australia in their reunion Wednesday after 70 years apart.

Norwood Thomas and 88-year-old Joyce Morris laughed as they wrapped their arms around each other after Thomas flew from Virginia to the southern Australian city of Adelaide to reconnect with his long-lost love.

"This is about the most wonderful thing that could have happened to me," Thomas said.

"Good," Morris replied with a laugh. "We're going to have a wonderful fortnight."

Morris was a 17-year-old British girl and Thomas was a 21-year-old paratrooper when they first met in London shortly before D-Day. After the war, he returned to the U.S. The pair wrote letters to each other, and Thomas asked Morris to come to the U.S. to marry him. But somehow Morris misunderstood and thought he'd found someone else, so she stopped writing.

Norwood Thomas, holds a photo of **Joyce Morris** at his home in Virginia Beach, Va.

BILL TIERNAN/THE ASSOCIATED PRESS

Last year, Morris asked one of her sons to look for Thomas online, and they found his name featured in an article about D-Day that ran in The Virginian-Pilot newspaper.

Thomas and Morris reconnected via Skype. After their story went public, hundreds of people made donations to help fund Thomas's trip to Australia from his hometown in Virginia Beach.

The two are planning to spend Valentine's Day together.

THE ASSOCIATED PRESS

Nostalgia lures customers

MARKETING

Recreating iconic fictional hangouts is part of a trend

This summer in Toronto, Seinfeld fans will be able to dine at a replica of Monk's Café, while Friends enthusiasts will have the chance to get their caffeine fix at Central Perk.

The iconic fictional hangout re-creations are part of a trend as entrepreneurs and restaurateurs evoke nostalgia to lure in customers — a marketing ploy often used in retail.

"If everybody else is doing that, why not restaurants?" said Carol Wong-Li, a senior analyst of Canadian lifestyle and leisure at Mintel.

The entertainment industry has long used nostalgia, she said. Disney recently revamped the Star Wars saga, which has proved to be a boon for Cineplex, while Netflix has revamped beloved shows like Full House and Arrested Development.

Fans gather outside Tom's Restaurant on May 14, 1998 in New York as they prepare for the last episode of TV show Seinfeld. The show used the restaurant's exterior for a set. AFP/GETTY IMAGES

For eateries, this strategy helps mitigate risk, said Wong-Li, as it provides them with a built-in customer base from the cult shows' fandom.

"Seinfeld is just this cultural phenomenon," said Mackenzie Keast, co-organizer of the upcoming Seinfeld popup diner in Toronto.

He and his three, fellow Seinfeld-loving friends plan to pay homage to the show by serving foods central to plot lines, like chocolate babka, muffin tops and Kenny Rogers's chicken.

After Keast and his friends announced their plans on Facebook, nearly 30,000 expressed interest in attending the launch party July 15. "To enter the world of Seinfeld a bit, I think, is really exciting for a lot of people," he said.

Plans for a Central Perk popup in Toronto are underway as organizers look for locations. FACEBOOK

Fans of Friends seem driven by a similar desire. They've flocked to replica Central Perk popups in England and New York. Now, one is set for a brief stint in Toronto this summer.

Joshua Botticelli and two of his friends planned to open it for one day in June. But, after more than 50,000 people said on Facebook they wanted or planned to go, the trio decided to extend its run to at least three days.

If all those prospective customers do show up to immerse themselves in these TV set replicas, it can pay off financially.

People are more likely to loosen their purse strings when feeling nostalgic, according to a 2014 study published in the Journal of Consumer Research.

THE CANADIAN PRESS

EMPLOYMENT

Health plans tweaked

During his three-year tenure as a financial analyst at one of Canada's biggest banks, Devon Wright never once used his company health plan.

"There was just nothing there that was of any interest to me," says Wright, 28.

So when Wright quit his job in 2012 to launch technology company Turnstyle Solutions, he decided to create a benefits package tailored to his needs.

Turnstyle is one example of how Canadian companies are tweaking their health plans in order to appeal to a new generation of employees.

In addition to the standard drug and dental benefits, Turnstyle covers naturopathic medicine, mental health counselling and provides a fitness subsidy.

The Toronto-based startup also offers free, healthy meals — a major perk for 23-year-old Sam Hillman. "This emphasis on living a healthy lifestyle really shows the company's commitment to me as a holistic individual," says Hillman.

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Thursday, February 11, 2016

Faith and fear
Religious people give more charity to strangers if they believe God will punish them for insufficient generosity, new research shows.

CHANTAL HÉBERT: ON THE POST-ELECTION POST-MORTEM

Key Conservative and NDP insiders have been delivering some preliminary conclusions as to the cause of their defeats. Their findings are surprisingly interchangeable.

On a week that marks the passing of Justin Trudeau's 100th day in power, key Conservative and NDP insiders have been delivering some preliminary conclusions as to the causes of their October defeats.

Their findings are strikingly interchangeable — with the popular momentum for change somewhat conveniently fingered as a root cause of electoral failure.

In an op-ed piece published on Monday in The Globe and Mail, former Conservative campaign manager Jenni Byrne states: "The Liberals won because Canadians had an overwhelming desire for change, the extent to which wasn't fully appreciated until after the campaign had started."

In a memo summarizing the party's campaign review to date, NDP president Rebecca Blaikie reports: "Our campaign presented us as cautious change, which was out of sync with Canadians' desire for a dramatic break from the decade of Harper's rule, a desire we contributed to building."

Those who have kept their ear to the opposition ground since the election will find the refrain familiar. On the right, as on the left, there is no lack of party loyalists looking for solace in the notion that, in four years, the appeal of Trudeau's change agenda will have faded, with the pendulum swinging back their way.

Harper was seeking to win a fourth consecutive mandate, a feat for which there was no modern precedent.

Indeed, Byrne does not exclude the possibility that her party could be back in power as early as 2019. Over on the NDP side, Thomas Mulcair is counting on his prime ministerial gravitas to see him through a leadership review later this year.

Fatigue with the ruling Liberals will eventually set in, although history suggests that could take more than a single mandate. But meanwhile, the Conservatives and the New Democrats, as they look back on their failed campaigns, should take care not to miss the forest for the trees.

I will come back in a future column to the NDP's contention that it offered "cautious change," but first, the myopic inside view from the Conservative backroom.

How is it possible that the party brain-trust underestimated the potential force of the tide for change? It was a current running through public-opinion polls for most of the life of the last Parliament.

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent at the federal level.

In provinces such as Ontario, British Columbia and Manitoba, the incumbent parties that had recently beaten the odds and stayed in power beyond a third mandate had all changed leaders along the way.

Not only was Harper staying put for a fifth campaign, there was no compensatory injection of new blood in his team. On the contrary, there was a pre-election bloodletting of government talent.

Byrne credits a strong ground game for the party raking in almost as many votes (5.6 million) in October as at the time of its 2011 majority victory (5.8 million).

But almost three million new or lapsed voters turned out in October, with the Conservatives ending up with a smaller share of an expanded election pie.

Together the Reform/Alliance and the Progressive Conservative parties lost to Jean Chrétien in 1993, 1997 and 2000 with a larger percentage of the vote than the unified party Harper led to defeat against Trudeau last fall.

The Liberals campaigned to the left of the NDP under a leader with none of the business or political credentials that had made Paul Martin and Chrétien appealing to many soft conservatives. It would be presumptuous for the Conservatives to assume the 2015 contingent of new voters is made up of people who lean to the right.

Byrne also asserts her party shot itself in the foot by tripping the NDP with the niqab issue in Quebec. (She makes it clear it was not her idea.) To win, she contends, Harper needed the NDP to do better.

Fair enough, but isn't the absolute dependency of the Conservatives on a favourable Liberal/NDP split to win an admission that the party has been and is content to fail to thrive on its own policy merits with as much as two-thirds of the electorate?

If that were the case, the Conservatives would — absurdly enough — have a bigger stake in a successful recast of the NDP than in their own post-election makeover.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: What's old is brewed again

The name "compost cocktails" doesn't exactly inspire cheers, so "closed loop" is the moniker mixologists have given to a growing fad: up-cycled alcoholic drinks made with ingredients scavenged from the green bin. A huge hit across the pond, they're the beverage equivalent of the "nose-to-tail" food movement, which has seen dishes such as pig's-head sausage, jellied tripe and bone-marrow toast pop up in trendy brunch spots across Britain. Perhaps a nip of eggshell-infused vinegar or coffee oil distilled from used grounds doesn't scream "bottoms-up!" to you, but tamer trash-to-treasure tipples — house-fermented fruit scraps, macerated citrus peels — are proving popular with London bar-goers. SOURCE: THE DRINKS BUSINESS

metroview

A terrifying task: Teaching my teens to take the right risks

Darren Krause
Metro | Calgary

Last weekend, my 15-year-old son and I were getting ready for a morning of haircuts, an oil change and, of course, checking the previous night's Lotto Max tickets.

Instead of engaging him in small talk to lubricate his 9 a.m. teen brain, I began with this: "I want you to know what happened last night at Canada Olympic Park. Two teenagers died and six others were injured after they took their own sleds down the bobsled track."

This was, of course, the tragic story of Calgary twins Jordan and Evan Caldwell, and six of their friends.

He was momentarily speechless.

"Why?" he asked, eventually.

"I don't know, but that's why I'm always on you about making sound decisions. I don't want to be the parent who gets a call from police to tell me my son has died."

I was pretty blunt.

We might think that a wilful disregard for our parental authority causes teens to do the ill-advised things they sometimes do. But science tells us that teens come by questionable decisions honestly.

Dr. Kelly Schwartz, associate professor in the University of Calgary's child psychology program, says teens tend to use the emotional parts of their brain — the base region called the limbic system that's been around in our ancestors for millions of years. They like to feel a rush and tell their friends about it afterward!

Until recently it was believed that by adolescence the brain was 98 per cent developed. Not so, Schwartz says.

The frontal lobe, which processes action and future consequences, isn't fully developed until the 20s. Tack on peer pressure, and it's a recipe for disaster.

When we adults raise an eyebrow over choices our kids make, we're doing so with the benefit of fully developed frontal lobes.

Schwartz offers some basic advice to parents to exercise that teen frontal lobe.

First: Put your kids in positions in which they can either succeed or safely fail. Help them build that library of experience and consequences that they can draw upon when it really matters.

Bad decisions are a part of life. We were all teens once. We've all done something where we cheated death by the narrowest of margins.

I try hard to see things through the eyes of my 15-year-old.

This understanding helps me as I personally try to make sense of this tragedy and try to parlay it into a lesson for all four of my boys. Only time — and experience — will tell if I've done enough.

Darren Krause is the managing editor of Metro Calgary. Follow him on Twitter @metro_dk.

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Funny or Die drops Donald Trump mockumentary starring Johnny Depp

PARENTING

Author says boys must learn self-expression

Navigating parenthood at a time when masculinity is being redefined can be a mystifying experience for parents of boys.

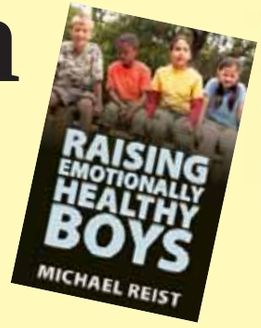
Michael Reist, a Caledon East educator, seeks to help parents and teachers understand boys in his new book, Raising Emotionally Healthy Boys. The goal is to accommodate boys' needs and encourage them to express their feelings.

What do parents need to avoid doing?

My central thesis is that the No. 1 problem affecting males today is emotional repression. And the question is when does this repression begin? When boys enter school the first thing they experience is a shutdown of their boy energy, their need for movement and space. The whole world tells them that there's something wrong with them. By Grade 3 they realize this isn't working for me, I'm not welcome here. My energy is a problem.

My main message, really, is to teachers I suppose when it comes to entering school: We need to do better at accommodating boy energy in school and modifying the environment of school to be more boy-friendly.

How to raise a modern man



ISTOCK

You talk about us, as a society, coming to the end of thousands of years of patriarchy. What do you mean by that?

Well, the biggest revolution that we have experienced in my lifetime is feminism and feminism has totally changed the world. This history of Western civilization is basically the history of patriarchy where men ruled. Since the 1960s, that has completely changed and the whole dynamic of society, the whole power structure of society, has changed. This is a fantastic thing. But women have had incredible role models in feminism. On the male side, there's been absolutely nothing equivalent to that. Young boys and men are going to have to retool to fit themselves into this new economy which is about language, which is about connection, which is about relationships.

> **To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.** Michael Reist, author

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.

How should we help retool boys for the future?

It all comes back to modelling. Boys need men who are comfortable with their emotions. We've got to get away from the idea of the stupid, irresponsible male — you get the Charlie Sheen (character on Two and a Half Men) ... who's only interested in sex and that becomes the ha-ha-ha image of masculinity.

Are you suggesting that parents should all be signing their kids up for art lessons?

It sounds frivolous. But signing girls up for hockey, that doesn't sound stupid. We really have a problem with boys with the arts, with the so-called soft skills. Creative writing, discussion groups — anything that involves expression of the self — the arts includes drama, dance, singing, all of those things (are positive).

Does one parent over the other typically have more of an impact on boys' emotional health?

Mother is still generally the primary caregiver in the early years. Fathers have to increase their role. At puberty the boy needs a model of what it is he's going to become. One of the reasons we have these man boys — playing video games while the wife runs the house — is because of the lack of initiation into positive male manhood. It's an essential element of emotional health for males to have male role models showing them what positive manhood is.

When you say, "Men are as much the victims of patriarchy as women are," what do you mean?

Men are crushed by the rat race of patriarchy. Their lives are so damaged by the competitive patriarchal world of one-upmanship, the Donald Trump world of, "Take care of yourself, forget about the rest." It doesn't serve women, nor does it serve men. It serves the bullies. Let's change the whole system. Don't just come in here and join the old boys club — let's change the club.

TORSTAR NEWS SERVICE

DEBUT NOVEL

Concert-loving time travellers tinker with past at their peril

Sue Carter
For Metro Canada

When news broke of David Bowie's death last month, devastated fans consoled themselves by playing his music and sharing favourite YouTube videos. Those who were lucky enough to see Ziggy Stardust live recalled witnessing one of rock 'n' roll's all-time greatest performers.

For devoted music lovers, the desire to relive a favourite show or witness a concert from a band's early days comes with fandom. In her debut novel Every Anxious Wave, Portland, Ore., author Mo Daviau takes that fantasy a step further when her character, a thirty-something bartender named Karl Bender, discovers a wormhole in his closet that launches people back in time to see musicians like Queen and Elliott Smith do their thing on stage.

Of course, time travel has consequences. When Karl accidentally transports his friend and business partner Wayne back to the year 980 instead of 1980, he enlists the help of Lena Geduldig, a young, music-geek astrophysicist who wears her damaged past like an impenetrable suit of armour.

The plot shifts into an unlikely love story, and a reminder that messing with the past isn't always such a great idea.

The book's concept came to Daviau — who grew up on Sassy magazine, and was a college-radio DJ at Smith College during the 1990s — as she was at home alone one night, feeling sorry for herself.

Author Mo Daviau. COURTESY JON BOLDEN

"I had this idea that if I just cranked a song up loud enough I could break the space-time continuum and be transported back to 1995 and make different adult life choices for myself," she says. "I turned it up, but of course it didn't happen."

From the beginning Daviau knew she wanted a male protagonist, but not a typical "dude."

Karl — a former guitarist in a 1990s alternative band that enjoyed a certain amount of success — initially comes across as emotionally stunted, but he grows to become Lena's caregiver, despite how much she fights him off.

"I wanted to write a feminist novel from a male perspective," she says.

Pulling together Every Anxious Wave, published by St. Martin's Press, required eclectic research. As an icebreaker at parties and bars, Daviau would ask people "if you could go back in time to see any rock show what would it be?"

Thanks to a friend with a postdoctorate in astrophysics, she learned about the Einstein-Rosen Bridge, a hypothetical method of folding time, though she was never too concerned about its intricate mechanics, considering that Karl never really questions how the wormhole works.

"A lot of my hardcore sci-fi friends have taken me to task — that it's a weakness in the book that there's not a lot of explanation of the science behind it," she says, laughing. "I do cheat a little with his first-person voice."

As for her own rock 'n' roll time-travel fantasies? Daviau answers without hesitation: "The first-ever R.E.M. show in 1980 in Athens, Ga. The other would be the time I saw my favourite local Austin, Texas, musician Davíd Garza play at the Continental Club ... He gave me a sweaty kiss on the cheek, and said, 'Hey girl, good to see ya.'"

Sue Carter is the editor at Quill & Quire magazine.

Oh not OK with racial casting in animation

DIVERSITY

Star picks her battles in fight to change Hollywood

Hollywood's diversity problem: Sandra Oh, who has lent her voice to many animated projects, is speaking out about the lack of work available for minorities. TORSTAR NEWS SERVICE

Sandra Oh is bringing the diversity debate to the world of animation. The former Grey's Anatomy star says race seems to have been a bigger factor in landing animated parts than her various film, TV or theatre gigs.

"I have been more and specifically typecast, if one can say that, in animation than in anything else," Oh said in a recent call from Los Angeles.

"All the characters I've played are specifically Asian. And I don't particularly think that I have a specifically Asian voice."

The Ottawa-bred Oh has lent her vocal talents to projects including American Dad, Phineas and Ferb, American Dragon: Jake Long and Mulan 2.

She'll next be heard in the Canadian animated film, Snowtime!, about a group of kids from a small village who embark on a massive snowball fight. It opens across Canada on Friday after pulling in more than $3 million at the Quebec box office.

Oh said she relished the chance to get to play a boy in the film — a nerdy genius who builds an intricate snow fort at the centre of the battle. Her character Frankie isn't obviously Asian, but his skin is slightly darker and his eyes appear slightly smaller than other characters.

Producer Marie-Claude Beauchamp acknowledged in an email that Frankie has some Asian traits, but said "being Asian had nothing to do with the decision to cast Sandra Oh in the role."

Without directly referring to her Snowtime! experience, Oh said she's always found it "very curious and annoying, that I've been more racially typecast in animation."

"I remember one time — this is years ago — just going, 'Why am I only going out for the Asian animated character?' And then trying to kind of make headways into like, 'Oh, can I be the Barbie voice? And not Barbie's doctor or something like that?' But no."

Oh said she's heartened by the current diversity discussion surrounding the Academy Awards, which has the ignominious honour of celebrating all-white acting nominees for the second year in a row.

But the problem is really with the film studios, said Oh, an academy member whose big screen roles include Sideways, Rabbit Hole, Tammy and Blindness.

"The academy is like the tip of the iceberg. If there's nothing to vote for, then there's no one to reward," she said.

"A way bigger challenge, or battle, is to help change the entire Hollywood system."

When it comes to chasing roles, Oh said she picks her battles carefully. She's not interested in working with anyone who hasn't displayed a willingness to embrace diversity.

"There are plenty of places that I'm not interested in going into because what's the point, they're never going to hire me." she said, reviving long-standing complaints surrounding one Hollywood heavyweight. "Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white. So don't go down that alley." THE CANADIAN PRESS

Comedy about 40-somethings gets to messy heart of love

JOHANNA SCHNELLER
WHAT I'M WATCHING

THE SHOW: Catastrophe, Season 1, Episode 4 (Shomi)
THE MOMENT: The Wave

Sharon and Rob (Sharon Horgan, Irish, and Rob Delaney, American, who also write the show) are having a rough patch. Not only did she get pregnant the week they met, their baby may have Down syndrome. Sharon doesn't know "if I'm a good enough person to be able to look after a disabled child." Now, in a supermarket, her phone rings. It's the results of her amniocentesis.

Sharon nods. Her knees buckle. Rob finds her lying on the floor. "The hospital called," she says. "It's all OK."

Here's the thing about Catastrophe: it's a comedy. A clever, grown-up comedy, about two 40-somethings who are long past believing in happily ever after but decide to make a go of it anyway. It's full of witty, imperfect characters delivering droll observations about sex and family.

But because it's made by adults, it also finds room for this scene, which follows the supermarket: Sharon, waiting in a taxi queue, spies a little girl with Down's, who waves at her. Sharon catches the mum's eye. "She's gorgeous," she says.

"She is, isn't she?" the mum replies. Sharon looks away and the feeling that floods her face is remarkable: she's stricken, relieved, guilty, everything, all at once.

There are a dozen series out there about young people struggling to believe in coupledom. Catastrophe goes deeper, to the messy heart of what love is.

When a show that makes you laugh throughout suddenly makes you cry? Not by manipulation, but by recognizing a character's ambivalence? That's gorgeous.

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Firewatch was a cross-Atlantic collaboration

In Firewatch, you play Henry, a man who has retreated from his complicated life to a fire look-out in Wyoming. CONTRIBUTED

NEW GAME

Developers spread over England, Vancouver

In a video game world full of shooters and sequels, Firewatch offers a refreshing change of pace.

Firewatch, available for PC and PlayStation 4 for $19.99, drops the gamer into the Wyoming wilderness in 1989. You play Henry, a man who has retreated from his complicated life for a stint as a fire lookout. Your only connection to the outside world is the voice of your supervisor, Delilah, over a handheld radio.

Any hopes for a simple summer soon disappear, however. You have to sort out the past and the present. The game's visuals are beautiful and the story-telling is smart right from the get-go, with an introduction that is compelling and quite poignant. Game play is simple but satisfying.

Equally impressive is the fact that Firewatch is the debut title from Campo Santo, a small studio co-founded by Jake Rodkin and Sean Vanaman, who worked on Telltale Games' acclaimed The Walking Dead episodic game.

Firewatch, two years in the making, was produced with the help of Panic, a Portland-based Mac/iOS developer.

While Campo Santo has seven staffers in San Francisco, it draws on employees in other countries.

Nels Anderson, a Canadian-U.S. dual citizen, is based in Vancouver while acclaimed artist Olly Moss and animator/designer James Benson live in England.

It works thanks to video conferencing.

"When our day starts we just jump on that video conference and then we're just kind of there as a big disembodied head floating in the back of the office," Anderson said of the foreign contingent.

Anderson was born and raised in Jackson, Wyoming. Vanaman moved to Cody, Wyoming, as a child. Shoshone National Forest was essentially slap in the middle between two. "This is probably the most Wyoming-est game that has ever been produced," joked Anderson.

He came to Vancouver for grad school and never left, marrying a Canadian along the way. He worked for Vancouver game developer Klei (pronounced Clay) Entertainment before joining Campo Santo. "We set out to make games about interesting people in fascinating places," says the company website.

Soon the small band was producing a game and building a company at the same time.

"I think it helped that even though we had never worked together before, this was not anyone's first rodeo," said Anderson.

Still they were plenty of challenges. "Games hate to be made," Anderson said with a laugh. "Any chance they have to not do what they're supposed to, they will take."

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MEET THE CONDO

A Prime opportunity

PRIME ON THE PLAZA

CONTRIBUTED

Project overview

Even though Prime on the Plaza isn't scheduled to be completed until summer 2018, 80 per cent of the units have been sold. The condo's micro-lofts have been extremely popular, with people trading space for place, choosing central living over square footage.

Housing Amenities

Amenities include a fully equipped gym, a study room, a sauna and steam room and various entertainment areas. A popular hangout area will most likely be the rooftop patio, with its 360-degree views, landscaped gardens and barbecue.

Location and transit

Prime on the Plaza will be situated in downtown Surrey, directly across from the Surrey Civic Plaza. It's a minute away from the SkyTrain and major bus routes. A majority of micro-loft purchasers have opted not to buy a parking stall, which speaks volume to the location of the high-rise.

In the neighbourhood

Future residents stepping out of their condo are just steps from food, entertainment and shopping. There's the nearby mall, Boston Pizza and the North Surrey Recreation Centre, to name a few. The Simon Fraser University campus is also a stone's throw away.

NEED TO KNOW

What: Prime on the Plaza
Builder: Reliance Properties and Macdonald Development Corporation
Designer: Riesco & Lapres Interior Design
Location: 103 Ave. and University Drive, Surrey
Building: High-rise condo tower, 37 storeys
Sizes: From 301 sq. ft. to 1,189 sq. ft.
Pricing: Starting from $180,000
Models: Micro-lofts, one, two and three bedrooms
Status: Under construction
Sales centre: 160 10362 King George Blvd.
Phone: 604-498-3888
Website: liveprime.ca

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Property Brothers, stars Jonathan (left) and Drew Scott say that would-be investors should exercise caution more prudence than normal in markets like Vancouver, where properties might be overvalued. HANDOUT

Property Brothers urge caution

HOMEBUYER BEWARE

Get an agent in hot markets to determine true market value

Drew and Jonathan Scott live in Las Vegas, but the Property Brothers stars still invest in real estate in their hometown of Vancouver where red-hot home sales and prices show few signs of cooling.

"The big thing is we're seeing a lot of these houses that are selling for a million over list," said Drew, a real-estate expert who scouts and negotiates fixer-upper homes on the hit W Network series. His identical twin brother, Jonathan, is a licensed contractor and master builder who handles the renovations.

The Real Estate Board of Greater Vancouver said last month was the second busiest January on record as residential property sales in the region jumped nearly 32 per cent, compared to January 2015. The estimated price of an average home across Metro Vancouver surged nearly 28 per cent to just under $1.3-million from January of last year.

Across Canada, the national average sale price for homes increased 12 per cent last December compared to December 2014, according to the Canadian Real Estate Association. When the greater Vancouver and Toronto areas were excluded, the increase was 5.4 per cent, CREA said.

Drew recommended would-be buyers seek an agent to evaluate comparable sold properties to help determine true market value.

"Some people get into a big frenzy and they bid up, bid up, bid up, and they don't realize they're paying way more than the house is worth. You don't want to be in that situation.

"There are several times that we've looked at properties with clients, and they have all these things that they want to do. But every neighbourhood has a cap for what you can do for an improvement and what people will buy and pay for in that neighbourhood."

> **They don't realize they're paying way more than the house is worth**
> Drew Scott, on the biding war trap

Drew said another cardinal mistake prospective buyers make is embarking on the process unprepared, including looking for properties when they're unaware of what they're qualified to spend.

"Have a home inspector ready to go. If you're going to do a renovation have a contractor ready to have a look at the place so you can come in right away with the strongest offer," he said. "That's why people miss out. It's because they're not prepared to pounce when they know it's the right property for them.

"Real estate is a great way to make money," he adds. "It's a great way to grow an investment over the years. However, if you're not ready to get into a property, or if you're not ready to get into a certain size of property, don't rush. The worst thing you can do is become house poor, and we want to make sure that people aren't."

THE CANADIAN PRESS

RENOVATION COSTS

Bring a contractor on board

Enlisting a contractor who can provide a quote on repair or renovation costs can help support the efforts of an agent who can determine whether changes will be a financial boon or bust, Drew noted.

"Most people skip the step," added Jonathan. "They think: 'Hey, I want to renovate my house.' They just dive right in and they spend all this money and they don't think about the fact that 'Oh, wait: Am I actually going to be able to get the money back out of the place if I have to sell?'

"I've had so many clients that have said to me: 'Oh, well, I know I'm overspending on the renovation. I'm doing a little more than I should, but I'm going to live here forever.' But circumstances change and a year later they have to move. So you always, always have to keep in mind that future resale value."

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SHADES OF GREY

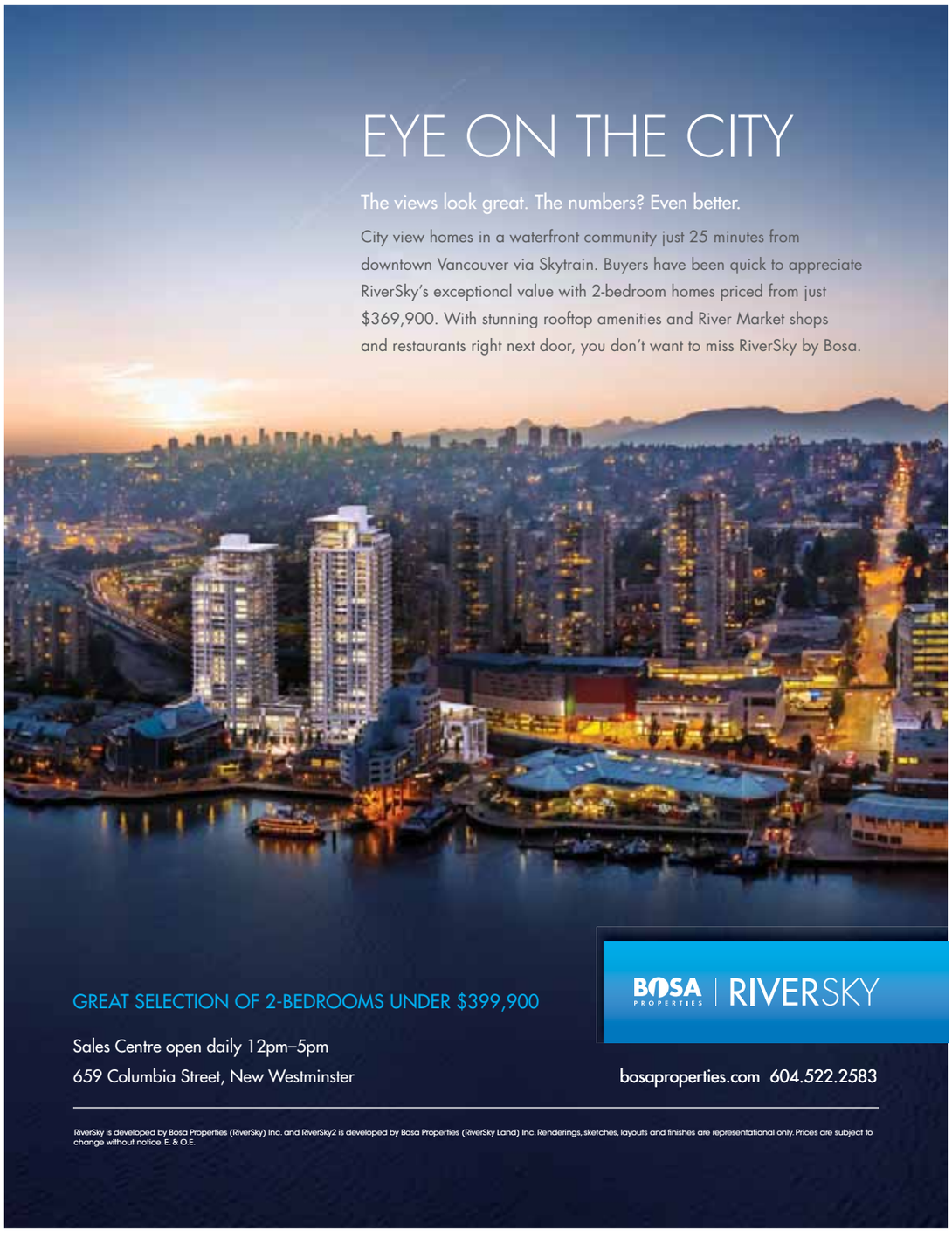
How to get that grey travertine look for less

A marble bathroom with tiles from floor to ceiling creates a great spa space when the tone is monochromatic and simple. The tiles, at 24-by-36 inches, require 200 tiles to cover the floor and another 400 wall tiles to create this look. In natural stone each floor tile is approximately $75 and each wall tile approximately $15 each. New porcelain technologies take that price to one-third the cost for floor tiles and half the price for wall tiles. This is a great look for a loft or industrial space giving you a rustic, yet modern style.

$75

Price of a natural stone floor tile. Porcelain is one-third the cost.

TORSTAR NEWS SERVICE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Bathrooms on a budget

RENOVATION

New porcelain tiles closely mimic look of luxury marble

You may aspire to a spa-like bathroom, complete with marble tile floors, mosaics on the walls, teak shower details and more. Chances are those champagne tastes are supported by a ginger ale budget.

Yet you can drink in the same sense of luxury as technological advancements in porcelain tiles can now give you the look with a less expensive product, less expensive installation and less maintenance. High-tech printers have made it difficult to tell the difference between real stone and the new porcelains.

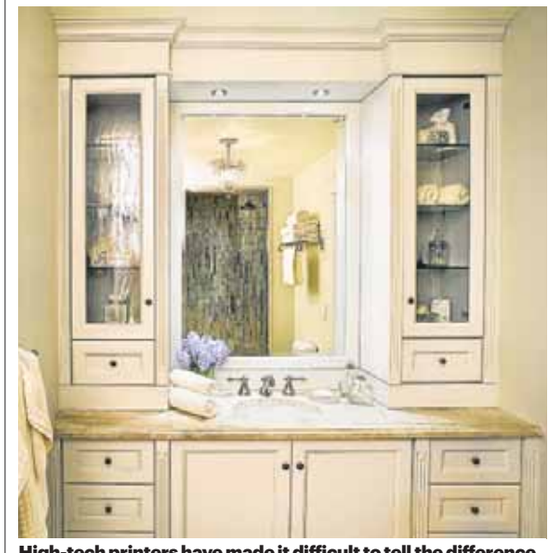
MARBLE-LOOK PORCELAIN:
This traditional looking bathroom should be very high end and high priced. The three dimensional wall tile and inlaid floors may give you the look of natural stone but it's all porcelain. Stone tile would be $18 or more a square foot but this product comes in at approximately $6.50 a square foot (depending on size and design). Clean, simple and classically elegant is what this space is all about and you never have to worry about sealing the marble.

LARGE FORMAT:
Taking the tile up the wall is a style seen in high-end European hotels: a beautiful, luxe appearance that certifies quality. It's also easy to care for and keep clean. In North America, the cost of covering all the walls in stone is prohibitive — $20 a square foot, plus installation requires greater skills. This marble-look porcelain product is approximately $6 per square foot and porcelain installation would be closer to $4 square foot. That truly is getting the look for less.

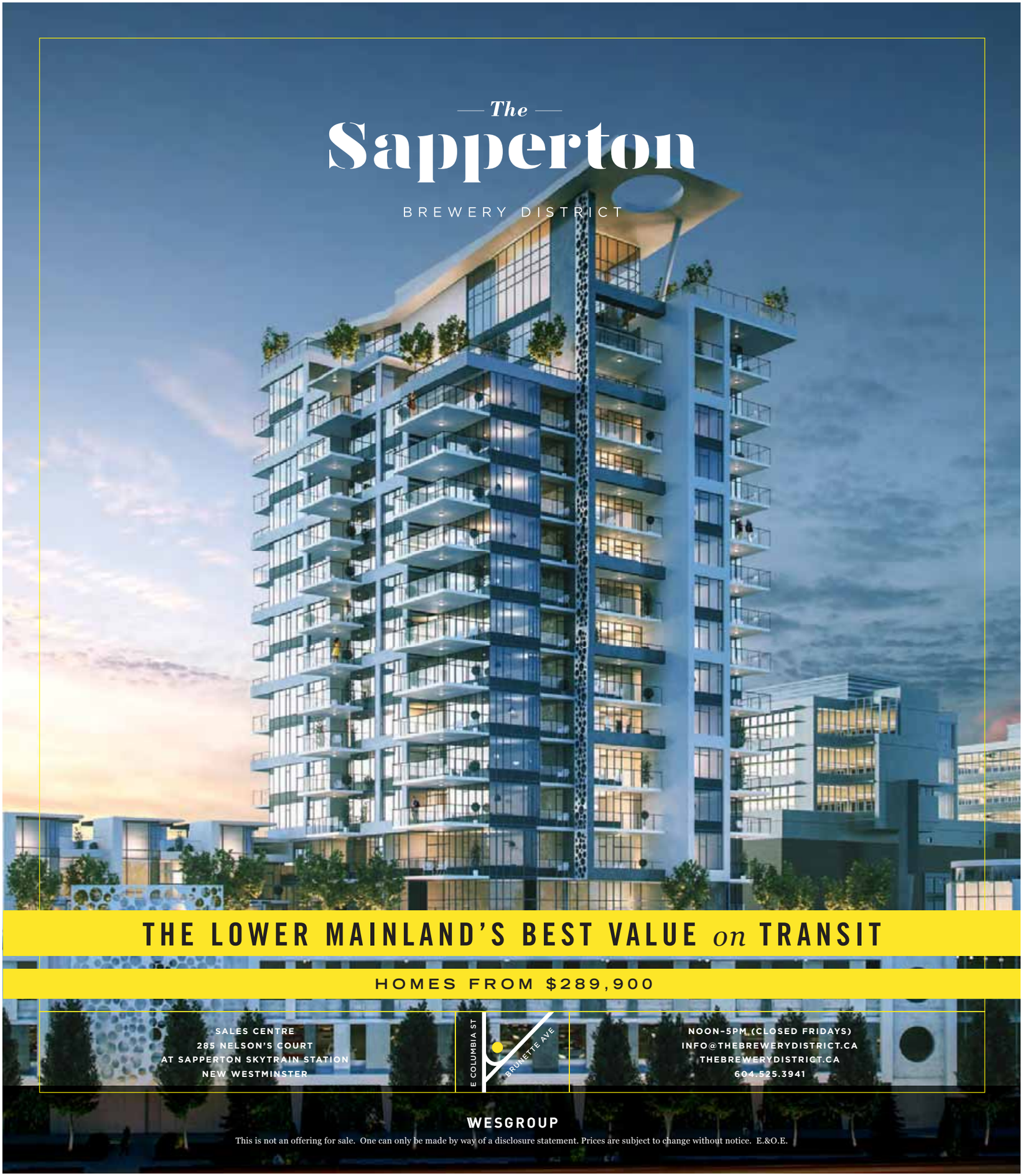
WOOD LOOK:
The combination of materials like wood and travertine stone, coupled with a beautiful bowl-shaped tub, simply shouts "luxury!" But at $22.50 a square foot in this 10-by-12-foot room, the math can be frightening. Plus it would require slabs of natural stone and oiled hardwood, extraordinary tradesmen to install and a maintenance schedule to clean and reseal every year. With this porcelain, the price is closer to $9 a square foot; the wood-look tiles are $5.50 a square foot. Suddenly, luxurious dreams become reality.

WIDE-BOARD TEAK LOOK:
The rustic look of barn boardwood walls, combined with modern sinks and faucets, are perfect for a warm and rustic spa. This door-free style of shower helps to give the space a sense of vastness while the wide-board wooden wall tiles at 8-by-48 inches are textured to also make them feel warm. At $5.75 a square foot, the look is affordable and maintenance free.

TORSTAR NEWS SERVICE



High-tech printers have made it difficult to tell the difference between real stone and the new porcelains. CONTRIBUTED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TRENDS

Welcome to the agrihood: homes built around farms

Communities with houses clustered around swimming pools, party rooms and fitness centres are common in many suburban areas. But homes built adjacent to functioning farms?

Welcome to agrihoods — pastoral ventures with healthier foods as their focus.

This farm-to-table residential model has been sprouting up everywhere from Atlanta to Shanghai. It involves homes built within strolling distance of small working farms, where produce matures under the hungry gaze of residents, where people can venture out and pick greens for their salads.

"Real estate developers are looking for the next big thing to set them apart," said Ed McMahon, senior resident fellow with the Urban Land Institute in Washington.

There are many variations of the agrihood. "Some developers rent acreage to farmers," he said. "Some set up non-profit C.S.A. (community-supported agriculture) programs. Some have the residents doing it (the growing) themselves."

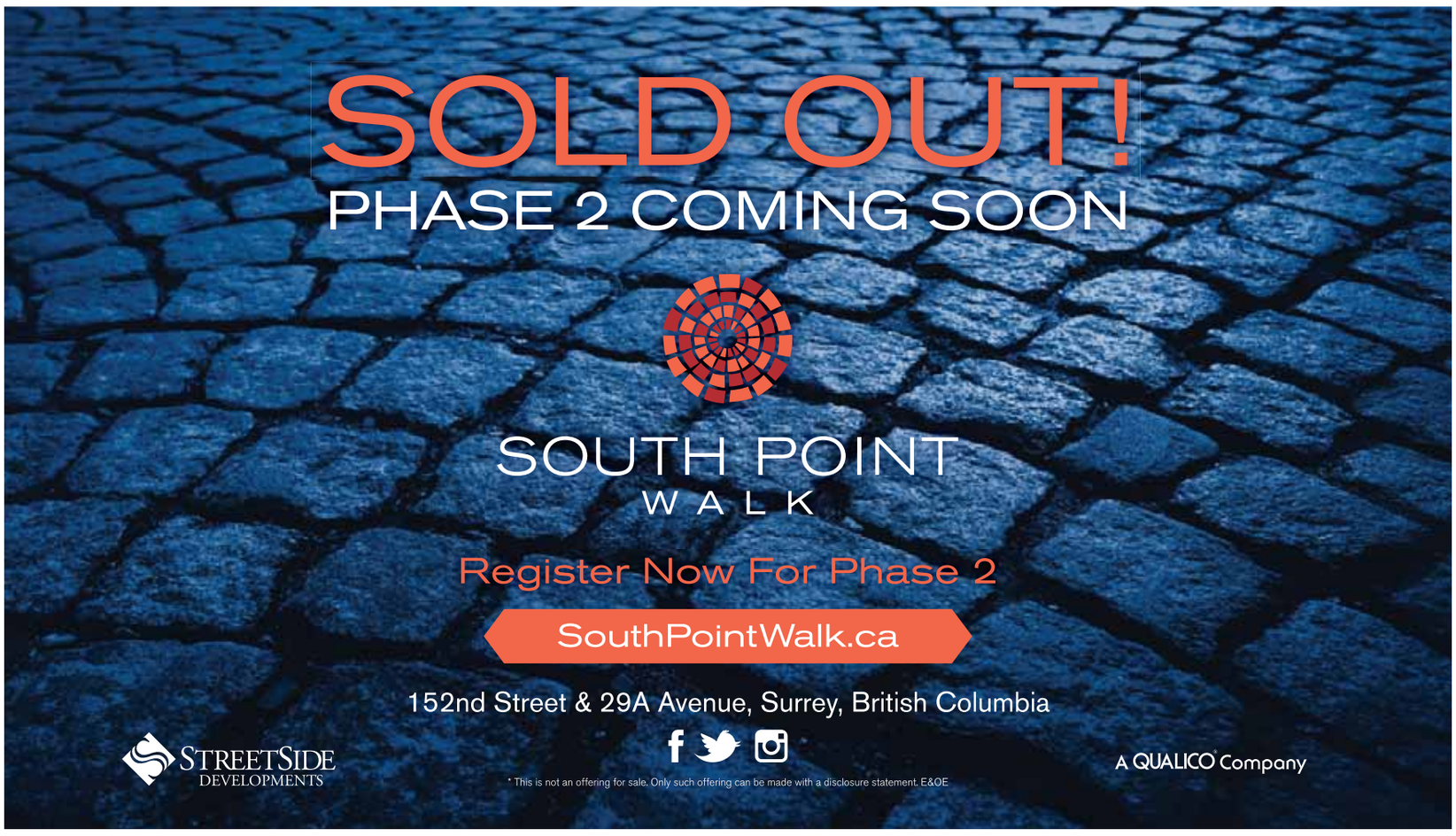
Workers prepare growing beds near Golden, Colo. When mature, flowers and edibles will be sold directly for processing or be eaten raw by people who live nearby. AGRIBURBIA LLB/CONTRIBUTED

Agrihoods frequently include farmer's markets, inns and restaurants sited in communal hubs where the edibles are processed or sold.

Prices tend to be a lot cheaper for agriculture-centred dwellings than for homes facing golf courses. Many golf course developments also face concerns about water shortages; some are being pushed toward becoming food-based operations, said Matthew "Quint" Redmond, owner of Agriburbia LLB, a Boulder, Colorado-based business that designs, builds and operates farms.

"The issue is making more calories out of the water we have," Redmond said. "Growing things that are better for you.... We'll be seeing a lot of golf course conversions in the next 10 to 15 years."

THE ASSOCIATED PRESS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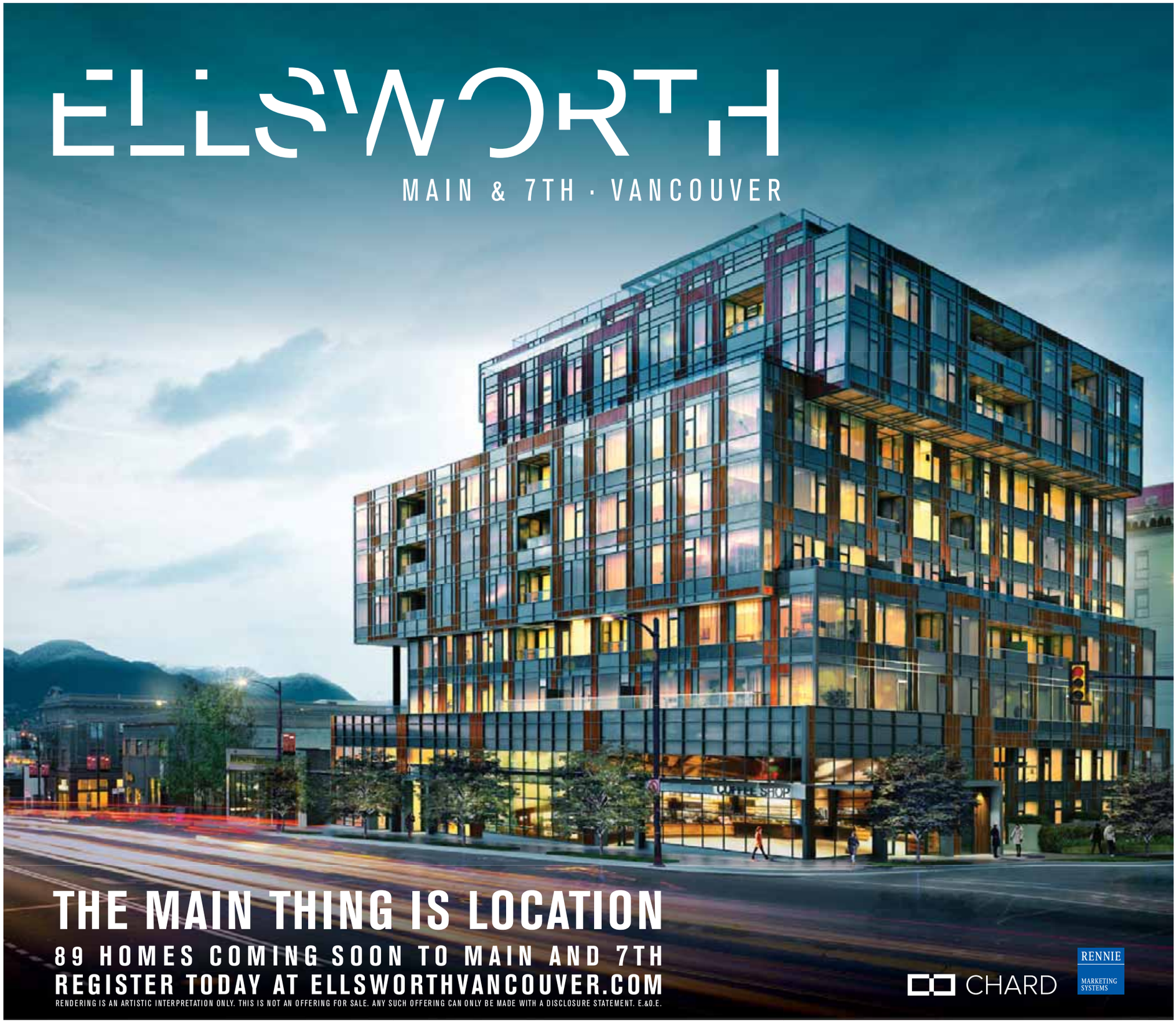
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Our couples gift guide of smooth skin, soft scents and tokens of love... you're welcome.

Better than chocolate

Tease your appetites with this aromatic scrub that gently buffs away dry patches without leaving a greasy finish on skin. Better than chocolate on the sheets, trust. Fresh Cocoa Body Exfoliant, $54 at Sephora, sephora.ca.

Pretty purse

Adorable and flirty, this heart-shaped cross-body purse makes a sweet statement. $45 at Indigo, indigo.ca.

Kissable

This playful gift box is stocked with future bath time fun as well as a tasty lip scrub and lip balm saucily named The Kiss. Lush Love and Kisses box, $54.95 at Lush stores, lush.ca.

No wait watches

An elegant Swiss timepiece crafted by one of the world's oldest watchmaker brands is the ultimate heirloom accessory for him. Longines Conquest water-resistant sport watch, $1650, longines.com.

Smell of sunshine

This delightful fragrance is a fresh field of pink roses drenched in spring sunshine, carefully captured in a bottle. At Caudalie Rose de Vigne Eau Fraiche, Caudalie spas and Sephora, sephora.ca.

Organic oils

Bouquets are pretty, but instead think organic rose essential oil + organic hand-pressed argan oil for soft, supple skin. It's the gift that keeps on giving. Leaves of Trees Rose Argan Oil, 50 mL, $95 via leavesoftrees.com.

Cute cuffs

He doesn't need a bad-boy attitude or a worn guitar to sport this sleek cuff — but he can pretend for you. Brave Marcheline Metallic Cuff, $79, braveleather.com.

Soothing baths

This clever bathbomb soothes tired muscles with Epsom salts and arnica, conditions with avocado oil, and invigorates the spirit with a light grapefruit essence. Consonant Skincare Muscle Relief Bath Bomb, $9 at consonantskincare.com.

Heat is on

This smoky, woodsy scent with a hint of caramel evokes impressions of a just-stoked fire and intimate tete à tetes in front of the crackling hearth. And you can both wear it. Maison Margiela By the Fireplace, $125 at Hudson's Bay, thebay.com, and Sephora, sephora.ca.

Soft skin

Give hardworking hands loving care with a luxurious anti-aging duo that rapidly improves skin tone, firmness and texture, all with a lovely geranium and mandarin scent. Margaret Dabbs Fabulous Hands serum and lotion, $75 and $30 respectively; 1-877-787-5273 for retailers.

Time for love

She'll wear your heart on her wrist with this colourful watch that reveals its inner ticking, too. Swatch Tender Present, $90, swatch.com for retailers.

Good with gold

Make her melt with a hug and a kiss in 14K rose gold and white diamonds. Dana Rebecca Designs Initial Cuff, $1650 US, danarebeccadesigns.com. JANINE FALCON

Luscious lips

This creamy, sweet berry-blush lipstick by superstar makeup pro Charlotte Tilbury is enriched with lip-loving emollients and antioxidants, and housed in a glamorous, show-off-worthy case. K.I.S.S.I.N.G. Lipstick in Kiss Chase, $38 at Holt Renfrew, holtrenfrew.com.

1 Longines Conquest watch, $1,650, longines.com
2 Cross-body purse, $45, indigo.ca
3 Caudalie Rose de Vigne Eau Fraiche, sephora.ca
4 Lush Love and Kisses box, $54.95, lush.ca
5 Marcheline Metallic Cuff, $79, braveleather.com

Culinary classes can be a fun way to cook up a little romance. ISTOCK

Unwrapping the gift of a couple's getaway

THINGS TO DO

Do something different and give a little time this year

Tanya Enberg

From snowshoeing and hiking at a cosy cabin retreat to heating things up in the kitchen, with Valentine's Day falling on a weekend this year, it is a great time to squeeze in a mini getaway. Here are five fun ideas for creating a special escape with your loved one.

Getting out into the outdoors and away from life's distractions might include a little cross-country or downhill skiing. ISTOCK

Culinary classes

Take plans for an intimate dinner one step further by making it together. Master a wine reduction sauce, grill perfectly seasoned steaks for two, and discover the art of fresh pasta making learning valuable tricks from seasoned chefs during a weekend culinary getaway.

For foodie couples and amateur home cooks alike, consider this a fun and flavourful recipe for romance.

Casino weekend

Bust out the halter dress and Frank Sinatra-inspired swagger while testing your luck at the casino. Most casino towns are ripe with action beyond the chips, from hole-in-the-wall diners and high-end eateries, to lively bars, stage shows and museums along brightly lit neon strips (think Niagara Falls and Atlantic City). It's the best glittery backdrop for a non-traditional, action-packed weekend.

Rent a home away from home

Fully stocked with all the essentials, renting a house for the weekend is a simple and easy escape featuring all of the creature comforts of home. Whether exploring another neighbourhood in your own city or a new one altogether, it's a great way for couples to step out of the day-to-day and hit the refresh button. Get your search started on airbnb.ca or homeaway.ca.

Cabin retreat

Take a break from digital distractions and to-do lists for a truly bonding retreat at a winterized cabin or bed and breakfast. Spend your days absorbing nature while snowshoeing or hiking the trails.

Go for a light skate and peruse local shops and attractions. At night, slow the pace down even further by snuggling up by a crackling fire and sipping oversized mugs of hot cocoa.

Ski adventure

For snow-loving couples, renting a ski chalet for the weekend may be the magical ticket to romance and adventure.

After a day of snowboarding or skiing, head to the spa for a couples' massage to help nurture aching, après-ski muscles. Make a reservation at a nearby restaurant, simmer down with a drink by the fire, and hit the sheets early so you can get a few morning runs in on some fresh powder.

TIPS

How to plan a surprise weekend escape:

- Make sure your partner's schedule is clear before you book
- Book your getaway using a payment card that's in your name only to ensure the utmost secrecy
- Be sure to clear the browsing history on your computer
- Throw your lover off track with a gift-wrapped box with the trip details tucked inside

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Triple the need for savings

EXPENSES

Why open an RESP? Follow one family's finance story

Camilla Cornell

When Kerry and Jamie Durand-Shea from Ontario found out they were having triplets two years ago, the reality of the financial commitment hit home. "We didn't plan to have three in one shot," Kerry says. "We needed three of everything from car seats to strollers, cribs, and beds."

What's more, that cash outlay will go on for a very long time. "We'd like to be able to help the boys with school someday," she says, adding that having three kids in university at the same time is a scary thought. For that reason, setting up a registered education savings plan (RESP) for 16-month-old Christopher, Daniel, and Armand is definitely on their to-do list.

"We try to put their baby bonus cheque in the bank every month," she says, admitting she hasn't got around to setting up an RESP. What's the hold up? Blame it on baby brain, she says.

Paul Shelestowsky, a senior wealth advisor with Meridian Credit Union, gets it — after all, he has an 11-year-old son of his own. But, he says, even if you're just going to contribute a small amount each month, it's a good idea to set up an RESP shortly after your child is born. "The sooner the better," he says, "because you're only allowed to make up for missed contributions one year at a time." Wait too long, he says, and you could be missing out on "free money from the government."

Can't manage the expense on your own? Why not ask for cash donations to your child's RESP in lieu of toys or games for Christmas or birthdays.

Kerry, far left, and Jamie Durand-Shea, and their triplet boys, from left, Armand, Christopher and Daniel. JONATHAN NICHOLLS

The advantages

The benefits of an RESP are twofold, says Shelestowsky. First, the government kicks in a 20 per cent Canada Education Savings Grant (CESG) on a maximum of $2,500 per year in contributions up to and including the year your child turns 17. That's worth an additional $500 per year to a lifetime maximum of $7,200. Families with household income below $87,907 have even more incentive as they can get an additional 10 to 20 per cent in grant money for their contributions, depending on where they fall in the income spectrum.

Finally, says Shelestowsky, earnings accumulate tax-free. Note: You don't get a tax deduction for your contribution, as you do with RRSPs.

Not all RESPs are created equal

The rules differ depending on what kind of RESP product you invest in. Group RESPs (sometimes called trusts or education funds) are the least flexible and potentially the most costly, according to Mike Holman, author of The RESP Book.

Not only are fees high, but "they're too restrictive and it makes that money harder to get out," says Holman. Such plans may stipulate a set contribution for the life of the plan; your kids can only collect the money if they attend a full-time educational program; and they can only access the cash at set intervals and for specific types of schools.

"The only sort-of benefit is they have attrition payments," says Holman. "Your kid is lumped in with other kids with the same birth year and the kids who don't go to school give up the non-contribution portion of the money, which is spread out to the other kids." So if you're absolutely positive your child will go on to higher education, you might opt for a scholarship trust. Just make sure you know the rules.

Most parents, Holman says, are better off with self-directed RESPs you can open at your local bank, mutual fund company or credit union. The benefits: you can contribute what you want, when you want, in just about any kind of investment product, and the rules tend to be looser.

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metro SPORTS

No. 1-ranked Lydia Ko says the Rio Olympics will be her top priority this year with golf in the Games for the first time since 1904

Canucks hold off Coyotes

NHL

Miller improves to 9-1 over Desert Dogs

Ryan Miller stopped 34 shots to end a five-game losing streak and extend his dominance over Arizona, lifting the Vancouver Canucks to a 2-1 victory over the Coyotes on Wednesday night.

Jake Virtanen scored in the first period and Jannik Hansen had his 16th of the season on a double carom off two Coyotes players in the second. Miller made some big saves in the third period and got some help from defenceman Alex Biega, who saved a goal after a shot by Kyle Chipchura trickled past his sprawled-out goalie.

Miller improved to 9-1 against Arizona, including 6-0 in Glendale.

Martin Hanzal scored a power-play goal and Louis Domingue stopped 24 shots for the Coyotes. They have lost five straight and nine of 11.

The game was a big one for two teams scrapping to stay in the Western Conference race.

The Canucks moved into a tie with the sliding Coyotes for 10th in the conference (54 points) with their 3-1 win over Colorado on Tuesday night. Jacob Markstrom started for Vancouver in that game, but Miller was back between the pipes, hoping to end a five-game winless streak (0-3-2).

The Coyotes went back to their starting goalie — at least while Mike Smith is injured — against the Canucks, sending out Domingue after Anders Lindback allowed five goals in a loss to Anaheim.

Domingue had not been sharp after a stellar start to his rookie season, allowing 15 goals in three straight starts.

Vancouver got one past him early in Wednesday's game, with Virtanen scoring on a one-timer on a feed from Jared McCann after he pulled up and let the defence slide by.

The puck travels past the Canucks' Daniel Sedin and Coyotes goaltender Louis Domingue and off of Oliver Ekman-Larsson for a goal that Jannik Hansen, not pictured, got credit for on Wednesday night in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

WEDNESDAY in Arizona

CANUCKS	COYOTES
2	1

The Coyotes appeared to tie it late in the period, when Klas Dahlbeck beat Miller off his glove from just inside the blue line. Vancouver challenged the call, saying the Coyotes were offside when they entered the zone, and the officials wiped away the goal after a review.

Arizona did tie it on a power play early in the second period, when Hanzal took a crossing pass from Max Domi after a cross by Anthony Duclair.

The Canucks took the lead back late in the period with a double-Coyote carom. Hansen got the goal on a shot from the left circle that glanced off Arizona's Connor Murphy, then defenceman Oliver Ekman-Larsson into the goal.

Miler stopped some tough chances in the third period, getting help from the post on one shot and Biega's big save to seal the victory. THE ASSOCIATED PRESS

CFL

Lions ink running back Johnson to one-year deal

Cam Tucker
Metro | Vancouver

The B.C. Lions dipped back into the free agent waters on Wednesday, agreeing to terms on a one-year deal with international running back Jeremiah Johnson.

The 28-year-old Johnson, from L.A., appeared in 10 games for the Ottawa Redblacks last season, finishing with 448 yards rushing with nine touchdowns on 97 carries, to go along with 42 receptions for 267 yards.

His 2015 season, however, was cut short due to a foot injury suffered in October.

"Jeremiah is an experienced running back who has spent time in both the NFL and CFL," said GM and coach Wally Buono in a statement.

"He has a lot of respect on our team among our defensive players and he brings a level of ability that gives you a very good starting point when you begin to have players compete for that starting running back job."

The Lions had been in the market for a running back since Buono publicly announced he wouldn't offer Andrew Harris a new contract.

Harris signed in Winnipeg on Tuesday.

The Lions also signed free agent international offensive lineman Levy Adcock for 2016.

The Lions also had interest in Canadian defensive lineman Justin Capicciotti; however, he signed with the Saskatchewan Roughriders, reportedly for two years, on Wednesday, the second day of CFL free agency.

Jeremiah Johnson runs the ball against Ryan Phillips last season. DARRYL DYCK/THE CANADIAN PRESS

HOCKEY

Lundqvist, Rangers cool red-hot Crosby, Penguins

Henrik Lundqvist stopped 34 shots for his third shutout of the season and 58th of his career, leading the New York Rangers past the Pittsburgh Penguins 3-0 on Wednesday night.

Lundqvist, who recorded his 27th win of the season, passed Martin Brodeur for most wins by a goaltender in his first 11 NHL seasons.

Kevin Hayes, Dominic Moore and Jesper Fast scored for the Rangers, who won their fourth straight, and fifth in six games.

Penguins captain Sidney Crosby, who didn't record a shot in the first two periods, failed to extend a career-high seven-game goal-scoring streak.

THE ASSOCIATED PRESS

Wings beat Sens to spoil Phaneuf's Ottawa debut

Danny DeKeyser and Henrik Zetterberg scored early in the first and third periods to help the Detroit Red Wings beat the Ottawa Senators and spoil Dion Phaneuf's debut with his new team with a 3-1 win Wednesday night.

Petr Mrazek stopped 22 shots and his bid for a second straight shutout ended with 2:24 left when Zach Smith scored.

Darren Helm restored Detroit's two-goal lead with an empty-net goal.

THE ASSOCIATED PRESS

No traces of CTE found in brain of former enforcer

The brain of deceased NHL enforcer Todd Ewen did not show signs of chronic traumatic encephalopathy despite suffering several concussions during the player's career, the Canadian Concussion Centre announced Tuesday.

A study of Ewen's brain didn't turn up any traces of CTE, a neurodegenerative brain disorder that has been linked to multiple concussions, the CCC said in a statement.

Ewen racked up 1,911 penalty minutes in 518 NHL games with St. Louis, Montreal, Anaheim and San Jose. He died at age 49 on Sept. 19, reportedly of a self-inflicted gunshot.

THE CANADIAN PRESS

Meaning of gappiness

NHL

Grin and bear it: Pucksters say losing teeth is part of game

When Brent Burns packs his bags for road trips, the San Jose Sharks defenceman often leaves something behind: His cosmetic teeth.

"I don't wear them often," he said. "I usually find them in a drawer a couple months down the road and put them somewhere safe, forget where that is, and find them a couple months later." Burns, a happy-go-lucky guy, said he is missing three of his real teeth and a fourth is "hanging on by a thread." He is holding out hope it won't join his other missing Chiclets.

Alex Ovechkin has become famous for his 506 goals and an increasingly haggard smile.
DREW HALLOWELL/GETTY IMAGES

"I need that one for corn on the cob," Burns said with a gap-filled smile.

Missing teeth have been associated with hard-nosed hockey for decades, with some players even, like Burns, embracing it as badge of honour. Gordie Howe, Bobby Clarke, Ken Daneyko, Stan Mikita, Bobby Hull — all had grins famous for what's not there. Casual fans might assume all players are missing a few teeth — not true — but there is far more interest in keeping the originals than there was in the 1980s, a time Kings coach Darryl Sutter recalls seeing players writing their numbers on coffee cups, putting their teeth in the cups and setting them on a shelf before games.

"The joke was switching teeth around," Sutter said with a sly grin.

Hall of Famer Chris Pronger has great-looking choppers, though they're not the ones he was born with, and Winnipeg Jets defenceman Dustin Byfuglien can pop a perfect-looking tooth in and out like he's a magician.

Despite player safety being scrutinized more than ever and technological advances in equipment, hockey players are going to lose teeth. The only way to help is to force them to attach full-cage masks to their helmets and that is not going to happen any time soon, if ever.

If a player chooses to wear a mouth guard, he may help his chances of not having a concussion. His pearly whites, though, are still at risk from a puck, a stick, the ice or a check.

"I've pulled teeth out of mouth guards," Detroit Red Wings equipment manager Paul Boyer said. "They're not designed to keep the teeth in the mouth."

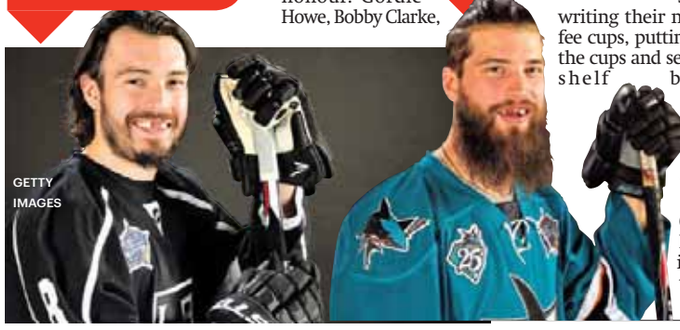
When players do get hit in the mouth with a stick or puck during a game, they are moments away from getting professional treatment from a team dentist and perhaps an oral surgeon. The Nashville Predators and Los Angeles Kings are among the teams with a dental chair in their arenas. "We've got full coverage, too," Byfuglien cracked.

"An oral surgeon who can also do plastic surgery is ideal," added Pronger. "I had a nice set of teeth. Now, I've got new ones. And, I broke my jaw and you probably can't tell I had 50 stitches here and 27 there." Unlike Byfuglien, L.A. Kings defenceman Drew Doughty doesn't wear his cosmetic tooth, which he calls "a flipper" because it makes his lisp worse. Doughty had all of his teeth until losing one last year and another one early this season. Doughty acknowledges he has been lax about protecting his teeth, and brain, to some extent.

"I've been told I should many, many times," he said. "My team doctors want me to wear one. With my teeth being knocked out ... I don't really think the mouth guard would help in those situations. But for concussions, I definitely think a mouth guard helps. I probably should be wearing one, but I never have my whole life so I'm not going to start now." THE ASSOCIATED PRESS

I definitely think a mouth guard helps. I probably should be wearing one.
Drew Doughty

I need that one for corn on the cob.
Brent Burns, who's missing three teeth with a fourth one loose.



GETTY IMAGES

7

Chicago's Duncan Keith had seven teeth knocked out by a puck in the Western Conference final-clinching game in 2011 against San Jose and quipped afterward: "You've got to leave it all on the ice."

NBA IN BRIEF

Tenacious Timberwolves hunt down Raptors

Karl-Anthony Towns had 35 points and 11 rebounds, and the Minnesota Timberwolves came back from 18 points down to stun the Toronto Raptors 117-112 on Wednesday night.

Canadian star Andrew Wiggins scored 13 of his 26 points in the fourth quarter, including a jumper with under two minutes to go that gave Minnesota a 112-109 lead. Ricky Rubio had 19 points, eight assists and eight rebounds to outplay all-star Kyle Lowry, and the Wolves used a huge advantage at the free throw line to close out a team that had won 14 of 15 games.

DeMar DeRozan scored 35 points for the Raptors. THE ASSOCIATED PRESS

Triple-double eludes Curry as Warriors win 11th straight

Stephen Curry nearly had a triple-double before sitting out the fourth quarter, and the Golden State Warriors stormed into the all-star break on an 11-game winning streak with a 112-104 victory over the free-falling Phoenix Suns on Wednesday night.

Curry had 26 points, nine rebounds and nine assists for the defending NBA champions. At 48-4, the Warriors have the best record through 52 games in NBA history, one win better than the 1995-96 Chicago Bulls and 1966-67 Philadelphia 76ers. THE ASSOCIATED PRESS

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RECIPE Lemon Thyme Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is pretty much our ideal February meal — it's hearty enough to enjoy as a winter, comfort meal but the bright flavours of lemon and thyme remind us that spring is just around the corner.

Ready in
Prep time: 10 minutes
Total time: 45 minutes
Serves 6

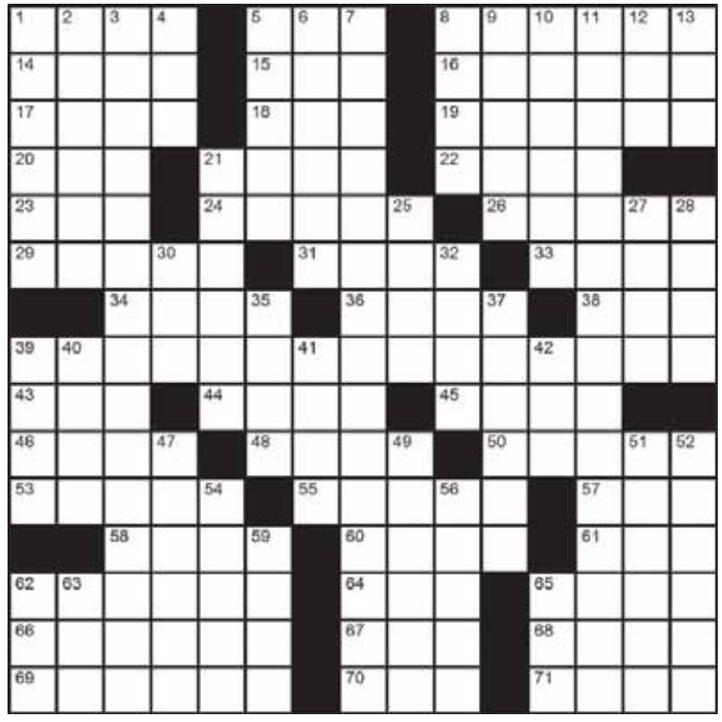
Ingredients
- 8 chicken thighs (I buy boneless, skinless), cut into bite-sized pieces
- 2 glugs of olive oil
- 2 onions, diced
- 4 cloves of garlic, minced
- 1 lemon, cut 3 thin slices and juice the rest (you'll be left with about 1/4 to 1/3 cup of juice)
- 2 small-ish zucchinis, cut in half lengthwise and sliced
- 6 to 8 branches of thyme
- 2 cups low sodium chicken stock
- Salt and pepper to taste

Directions
1. In a large pot or Dutch oven, warm up your olive oil over medium heat. Brown the chicken in batches — don't over crowd or the chicken won't brown nicely — but don't cook through. Place the cooked chicken on a clean plate. Drain all but 1 or 2 Tbsp of fat.
2. Put the pot back over medium heat. Sauté the onion, garlic, zucchini, thyme and lemon slices until the vegetables begin softening, about 5 minutes.
3. Add the chicken back to the pot and pour the stock and lemon juice over top. Give it all a stir, turn the heat down a touch and simmer for 30 minutes. Serve over couscous, rice or pasta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Float like an aroma
5. 1962: "__ a Rebel" by The Crystals
8. Theatrical digressions
14. Opera-style tune
15. "Diva __ Dime"
16. Hollywood icon Marilyn
17. Endorse
18. Combine ingredients
19. Determined
20. Wynonna's actress sis
21. Kind of lily
22. Atom Egoyan and David Cronenberg, e.g.
23. Gamble
24. Mythical maiden
26. __ Rica
29. Vide __ (Latin for 'see below')
31. Herman Melville's captain
33. Glance over
34. Glass-dropper's exclamation!
36. Balls
38. Previous
39. An ancient art of Aboriginal people is the embellishment of crafts, such as jewellery, with these materials made vibrant from natural dyes: 2 wds.
43. Heart
44. Canadian actress Jessica
45. Window ledge
46. Cottage lot size
48. Shreds
50. Chompers
53. Power up the brain
55. "I'm a __ 4 U" by Britney Spears
57. French vineyard
58. Comet's follower
60. Unfortunately
61. Set-__ (Arguments)
62. Maple, in Montreal
64. Feminine side
65. Pinball infraction
66. 'S' of CSNY
67. WSW's opposite
68. Beetle variety, __ weevil
69. Trojan hero
70. Big __ (Chewing gum brand)
71. Newfoundland & Labrador town: L'__-au-Loup

DOWN
1. Green condiment for sushi
2. Up and about, formal-sounding
3. What General Wolfe's soldiers would do in the Battle of Quebec in 1759: 3 wds.
4. Nylons shade
5. Comfortable
6. Conundrum
7. Musician like Juno-winner Richard Underhill: 2 wds.
8. Among
9. __ boom
10. "This is so-and-so..." routines at parties
11. Fashion designer's offering: 2 wds.
12. Time division
13. Established
21. Snaffle like a shopper: 2 wds
25. Animal of Aesop's
27. __ order
28. & & &
30. __-A-Fella Records
32. Uses the grill
35. Box
37. Hotel rooms
39. Excellent, slang-style
40. "I got stung!"
41. Goo Goo Dolls hit
42. Island: French
47. Facilitate
49. __ solution (Contact lenses rinse)
51. Web forum nuisances
52. Disco song/dance, with The
54. To __ _ Mockingbird
56. Like a barn topped with a functional rooster ornament
59. More or __
62. Conductor, __-Pekka Salonen
63. Way to go, briefly
65. Acronym for a time as yet unknown

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Others say that you are aiming too high and maybe they are right but they could also be worried that you will succeed in what you are trying to do and show them up in the process.

Taurus April 21 - May 21
Don't let your personal life get in the way of your career. Business first, on this occasion friends and family should take a back seat. You can make it up to them later.

Gemini May 22 - June 21
Be careful when talking to people who may not share your ideas or outlook. Not everyone will approve of your questioning and while you may not care what they think they can still do you harm.

Cancer June 22 - July 23
It does not matter what others think, it matters only what your instincts tell you. And they're tell you "don't panic." Others can rush around but the best thing to do is to sit tight.

Leo July 24 - Aug. 23
You cannot please everyone you have to deal with, so decide what relationships to focus on. Don't feel too bad about those you leave by the wayside — life does not have to always be fair.

Virgo Aug. 24 - Sept. 23
Don't get too carried away today. Your enthusiasm could be a problem on the work front where, if you try too hard, colleagues and superiors may wonder what you're up to.

Libra Sept. 24 - Oct. 23
Slow down and let the rest of the world catch up with you. But don't let anyone persuade you to give up on a long-term aim. Keep striving.

Scorpio Oct. 24 - Nov. 22
It's not like you to keep loved ones on a short leash but for some reason you have been trying to curb their freedom. It won't work. You would not accept restrictions on your own movements so don't try to impose them on others.

Sagittarius Nov. 23 - Dec. 21
What happened to your way with words? You seem at a loss to know how or why it has happened. You will find your voice again but, for now, be the strong, silent type.

Capricorn Dec. 22 - Jan. 20
You're worrying too much about your financial situation. And the more you worry the more likely it is that something will go wrong. Soon you'll look back and wonder why you made such a big fuss.

Aquarius Jan. 21 - Feb. 19
Try to stay calm today. If you lose your head even a little bit you will very quickly go all the way. You're not always the logical, practical sort. You have emotions too.

Pisces Feb. 20 - March 20
It will be easy to feel sorry for yourself today but it would also be a crime to waste your time and your energy on needless self-pity. If you feel a bit down snap out of it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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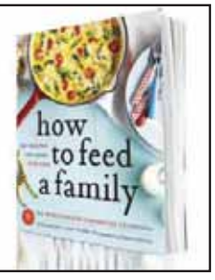

YESTERDAY'S ANSWERS

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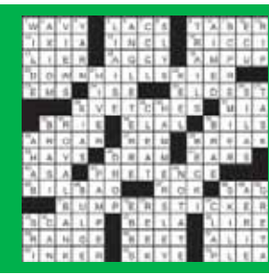

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6	7	4	5	8	3	9	1	2
1	9	3	6	7	2	4	8	5
9	3	6	7	5	8	2	4	1
4	5	7	1	2	6	8	9	3
2	1	8	4	3	9	5	7	6

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